



# Group & Water Exercise Schedule

	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
		<b>Aerobic Studio</b>	9:15am	Body Fit Gena	Zumba® Selena	TBC Sarah		Core Condition Katie	Body Fit Amy
10:15am	Yoga -ALL Levels Rosemarie		Barre Burn Amy	Turbokick Lizzy	Zumba® Stacy	Barre Burn Ashley			
							9:00am	Zumba® Christy/Angela	
5:00pm	Pilates Christy			Pilates Christine	Zumba® Angela		10:15am	BOSU® HIIT Carmen	
5:30pm			Cardiokick Dawn				2:00pm		Zumba® Christy
6:00pm	BOSU® HIIT Carmen				TBC Monica		3:00pm		Yoga Rosemarie
6:30pm				Body Fit Katherine					
7:00pm	Barre Burn Carmen/Katherine								
<b>Gym/Meeting Room</b>	5:15am	Boot Camp Tonia		Boot Camp Jeff		Boot Camp Jeff			
	8:00am		Fire Workout Rhynia***		Fire Workout Rhynia***				
	8:45am	Senior Fitness Amy		Senior Fitness Amy		Senior Fitness Tonia			
	9:00am								
	10:15am	Restorative Yoga Meri		Yoga Kelly		Yoga Meri			
	5:30pm			Zumba® Selena					
	6:00pm	Zumba® Angela	TBC @ 6:30pm Katherine						
7:00pm		Yoga Tina		Yoga Tina					
<b>Spin®</b>	5:15am		Spinning® Tonia		Spinning® Rob		9:00am	Spinning® Christine	
	9:15am	Cycle Michele	Cycle Michele	Spinning® Tonia	Cycle Gena	Spinning® Ashley	2:00pm		Spinning® Rob
	6:00pm	Spinning® Christy	Spinning® Crystal	Spinning® Rob	Spinning® Carmen				
<b>Water</b>	9:00am	Deep Water Donna	Deep Water Stacy	Deep Water Donna	Deep Water Stacy	Deep Water Donna			
	10:00am	Shallow Water Donna	Shallow Water Stacy	Shallow Water Donna	Aqua Zumba Ginny	Shallow Water Donna			

**High Fitness** - A hardcore, fun fitness class that incorporates aerobic interval training with music you love and intense easy to follow choreography. Produces a high caloric burn and full body toning through its carefully formulated choreography that alternates between intense cardio peaks and toning tracks.

**Barre Burn**- Utilizing the ballet **barre** to perform small isometric movements set to fantastic music, **Barre Burn** is a total body workout that lifts your seat, tones your thighs, abs, and arms, and burns fat.

**Turbokick**- A fusion of hip hop and kickboxing. It's a combination of intense kickboxing moves as well as dance moves all choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals of strength/endurance training, ending with a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience.

**Body Fit** - The ultimate class for all fitness levels who want to get an ALL-IN-ONE workout. This class incorporates a variety of equipment that will reshape your body and deliver cardio training to get your heart pumping.

**Core Conditioning** - A class consisting of stabilization techniques & strengthening for the whole body. Focusing on the entire core incorporating the abs, oblique's and lower back.

**Yoga** - This class is a great stress reducer by incorporating deep-breathing techniques and movements to increase flexibility, balance, & core strength.

**ALL Levels**- This class is for participants wanting to work on more advanced poses.

**Total Body Conditioning** - Strengthen your whole body using dumbbells, resistance bands, body bars, stability balls, and barbells!

**Zumba®/Latin Rhythm**- Turn up the music and groove! This class includes a variety of Latin dance rhythms working the entire body.

**Spinning®** - This indoor cycling class blends cycling techniques, sound training principles & expert coaching providing you with a training session that will burn calories, energize, challenge and inspire you. Designed for all ages & fitness levels. New riders are **STRONGLY ADVISED** to arrive 10 minutes early for individualized set up on a bike.

**Pilates** - Emphasis on the support and strengthening the "Power house". Intense engagement of the muscles in this area produces the dramatic results in posture and body shape.

**Boot Camp** - High energy class designed to provide an all over body conditioning.

**Cardiokick**- A full body workout that consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a cool-down.

**Senior Fitness** - 8:45am: 30 minutes of low impact aerobics; 9:15am: strength training, stretching & balance improvement . (1hr15 min. class)

**BOSU "HIIT"**- **HIGH INTENSITY INTERVAL TRAINING**- An entirely new way to train your body or take it to whole new level. HIIT will include cardio and strength intervals using the BOSU which will improve core stability and overall strength.

**Shallow Water** - A Fitness class designed to sculpt & firm muscles while improving balance, heart and lung function using 360 degrees of resistance. There is some impact.

**Deep Water** - Classes will increase core strength, stability, and stamina. This is an impact-free environment.

**Aqua Zumba** - The ultimate "Pool Party" A cardio and resistance workout to international music.

**Fire Workout** - an intense 45 minute workout that focuses on upper body, lower body, core, flexibility, balance, coordination, plyometrics, and cardiovascular principles. \*\*\* This is a paid class

**Instructors, formats, and location of classes are subject to change without prior notice.**

**All Spin participants are required to sign up at front desk before class starts.**

*Call the Bartlett Recreation Center at 385-6470 for more information.*

***Effective 1/10/2018***